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Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods

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Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods

Food, approximate measures, units, and weight			Food energy		Energy from fat	Total fat	Fatty acids			Cholesterol
			g	Kcal	Kcal	g	Saturated	Monounsaturated	Polyunsaturated	mg
DAIRY AND EGG PRODUCTS										
Cheese:										
American -----	1 oz -----	28	106	78	8.9	5.6	2.5	0.3		27
Blue -----	1 oz -----	28	100	72	8.2	5.3	2.2	0.2		21
Camembert -----	1 oz -----	28	85	61	6.9	4.3	2.0	0.2		20
Cheddar -----	1 oz -----	28	114	83	9.4	6.0	2.7	0.3		30
Cottage:										
Creamed, 4% fat:										
Large curd -----	1 cup -----	225	232	89	10.1	6.4	2.9	0.3		34
Small curd -----	1 cup -----	210	217	84	9.5	6.0	2.7	0.3		31
Lowfat, 1% fat -----	1 cup -----	226	164	20	2.3	1.5	0.7	0.1		10
Uncreamed, dry curd, less than 1/2% fat -----	1 cup -----	145	123	5	0.6	0.4	0.2	Tr ¹		10
Cream -----	1 oz -----	28	99	87	9.9	6.2	2.8	0.4		31
Mozzarella, made with part skim milk -----	1 oz -----	28	72	40	4.5	2.9	1.3	0.1		16
Muenster -----	1 oz -----	28	104	75	8.5	5.4	2.5	0.2		27
Parmesan, grated -----	1 tbs ² -----	5	23	13	1.5	1.0	0.4	Tr		4
Ricotta, made with part skim milk -----	1 oz -----	28	39	19	2.2	1.4	0.7	0.1		9
Swiss -----	1 oz -----	28	107	69	7.8	5.0	2.1	0.3		26
Cream, sweet:										
Half-and-half (cream and milk) -----	1 tbs ³ -----	15	20	15	1.7	1.1	0.5	0.1		6
Light, coffee, or table -----	1 tbs ³ -----	15	29	25	2.9	1.8	0.8	0.1		10
Heavy, whipping, unwhipped -----	1 tbs ³ -----	15	52	49	5.6	3.5	1.6	0.2		21
Cream, sour, cultured -----	1 tbs ³ -----	12	26	22	2.5	1.6	0.7	0.1		5
Cream products, imitation (made with vegetable fat):										
Coffee whitener:										
Liquid, frozen (contains coconut or palm kernel oil) -----	1/2 fl oz -----	15	20	13	1.5	1.4	Tr	Tr		0
Powdered (contains coconut or palm kernel oil) -----	1 tbs ³ -----	6	33	19	2.1	1.8	Tr	Tr		0
Dessert toppings (nondairy):										
Powdered, made with whole milk -----	1 tbs ³ -----	4	8	4	0.5	0.4	Tr	Tr		Tr
Pressurized -----	1 tbs ³ -----	4	11	8	0.9	0.8	0.1	Tr		0
Milk, fluid:										
Whole, 3.3% fat -----	1 cup -----	244	150	72	8.2	5.1	2.4	0.3		33
Lowfat, 2% fat -----	1 cup -----	245	125	41	4.7	2.9	1.4	0.2		18
Lowfat, 1% fat -----	1 cup -----	245	104	21	2.4	1.5	0.7	0.1		10
Nonfat, skim -----	1 cup -----	245	90	5	0.6	0.4	0.2	Tr		5
Buttermilk, cultured -----	1 cup -----	245	99	19	2.2	1.3	0.6	0.1		9
Milk beverages:										
Eggnog -----	1 cup -----	254	342	167	19.0	11.3	5.7	0.9		149
Shakes, thick, vanilla -----	1 container -----	313	350	84	9.5	5.9	2.7	0.4		37
Milk desserts, frozen:										
Ice cream:										
Regular (about 10% fat) -----	1 cup -----	133	269	126	14.3	8.9	4.1	0.5		59
Rich (about 16% fat) -----	1 cup -----	148	349	208	23.7	14.7	6.8	0.9		88
Ice milk:										
Hardened (about 4.3% fat) -----	1 cup -----	131	184	49	5.6	3.5	1.6	0.2		18
Soft serve (about 2.6% fat) -----	1 cup -----	175	223	40	4.6	2.9	1.3	0.2		13
Sherbet (about 2% fat) -----	1 cup -----	193	270	33	3.8	2.4	1.1	0.1		14
Yogurt:										
With added milk solids:										
Made with lowfat milk -----	1 container -----	227	194	25	2.8	1.8	0.8	0.1		11
Made with nonfat milk -----	1 container -----	227	127	4	0.4	0.3	0.1	Tr		4
Without added milk solids, made with whole milk -----	1 container -----	227	139	65	7.4	4.8	2.0	0.2		29
Eggs, large:										
Hard cooked, shell removed -----	1 egg -----	50	79	51	5.6	1.7	2.2	0.7		274
Fried in butter -----	1 egg -----	46	94	66	7.2	2.7	2.7	0.8		279
Scrambled (milk added) in butter. Also omelet. -----	1 egg -----	64	107	72	8.0	3.2	2.9	0.8		282
FATS, OILS, AND RELATED PRODUCTS										
Fats (solid at room temperature):										
Butter -----	1 tbs ³ -----	14	102	102	11.4	7.1	3.3	0.4		31
Lard -----	1 tbs ³ -----	13	116	116	12.8	5.0	5.8	1.4		12
Shortening (animal and vegetable fat) -----	1 tbs ³ -----	13	115	115	12.8	5.2	5.7	1.4		7
Shortening (vegetable) -----	1 tbs ³ -----	13	113	113	12.8	3.2	5.7	3.3		0
Tallow, edible -----	1 tbs ³ -----	13	116	116	12.8	6.4	5.3	0.5		14
Margarine, regular (at least 80% fat):										
Stick:										
Corn oil -----	1 tbs ³ -----	14	102	102	11.4	2.0	5.5	3.4		0
Soybean oil -----	1 tbs ³ -----	14	102	102	11.4	2.4	5.4	3.0		0
Tub:										
Corn oil -----	1 tbs ³ -----	14	102	102	11.4	2.0	4.5	4.4		0
Soybean oil -----	1 tbs ³ -----	14	102	102	11.4	1.8	5.1	3.9		0
Spread (about 60% fat):										
Stick ³ -----	1 tbs ³ -----	14	78	78	8.7	2.1	3.6	2.7		0
Tub ³ -----	1 tbs ³ -----	14	78	78	8.7	1.8	4.5	2.1		0
Margarine, diet (about 40% fat), tub ³ -----	1 tbs ³ -----	14	50	50	5.7	1.2	2.4	2.1		0
Oils (liquid at room temperature):										
Coconut -----	1 tbs ³ -----	14	117	117	13.6	11.8	0.8	0.2		0
Corn -----	1 tbs ³ -----	14	120	120	13.6	1.7	3.3	8.0		0
Olive -----	1 tbs ³ -----	14	119	119	13.5	1.8	9.9	1.1		0

Continued--

Provisional Table on the Fatty Acid and Cholesterol Content of Selected Foods--Continued

Food, approximate measures, units, and weight		Food energy		Energy from fat	Total fat	Fatty acids			Cholesterol
		g	Kcal			Saturated	Monounsaturated	Polyunsaturated	
		g	Kcal	Kcal	g	g	g	g	mg
FATS, OILS, AND RELATED PRODUCTS (CONTINUED)									
Palm -----	1 tbsp ----	14	120	120	13.6	6.7	5.0	1.3	0
Palm kernel -----	1 tbsp ----	14	117	117	13.6	11.1	1.5	0.2	0
Peanut -----	1 tbsp ----	14	119	119	13.5	2.3	6.2	4.3	0
Safflower -----	1 tbsp ----	14	120	120	13.6	1.2	1.6	10.1	0
Soybean oil (partially hydrogenated) -----	1 tbsp ----	14	120	120	13.6	2.0	5.9	5.1	0
Soybean-cottonseed oil blend (partially hydrogenated) -----	1 tbsp ----	14	120	120	13.6	2.4	4.0	6.5	0
Sunflower -----	1 tbsp ----	14	120	120	13.6	1.4	2.7	8.9	0
Related products:									
Mayonnaise -----	1 tbsp ----	14	99	99	11.0	1.6	3.1	5.7	8
Peanut butter -----	1 tbsp ----	16	95	73	8.3	1.7	3.8	2.4	0
FISH, SHELLFISH, MEAT, POULTRY, AND RELATED PRODUCTS									
Fish:									
Cooked:									
Flounder or sole (a lean fish) baked with lemon juice	3 oz -----	85	82	9	1.0	0.3	0.2	0.4	59
Salmon, red (a fatty fish) baked -----	3 oz -----	85	140	49	5.4	1.2	2.4	1.4	60
Canned:									
Salmon, pink, water pack, solids and liquid -----	3 oz -----	85	120	45	5.0	0.9	1.5	2.1	34
Sardines, Atlantic, oil pack, drained solids -----	3 oz -----	85	173	85	9.4	2.1	3.7	2.9	85
Tuna, chunk light, oil pack, drained solids -----	3 oz -----	85	167	63	7.0	1.4	1.9	3.1	55
Shellfish:									
Raw:									
Clams, unspecified -----	3 oz -----	85	65	13	1.4	0.3	0.3	0.3	42
Oysters, Eastern -----	3 oz -----	85	56	14	1.5	0.5	0.2	0.5	42
Canned:									
Crabmeat -----	3 oz -----	85	86	19	2.1	0.3	0.5	0.8	85
Shrimp, dry pack -----	3 oz -----	85	99	8	0.9	0.2	0.2	0.4	128
Meat:									
Beef:									
Eye of round, lean only, roasted -----	3 oz -----	85	156	53	5.9	2.4	2.7	0.2	56
Rib roast, lean and fat, roasted -----	3 oz -----	85	330	254	28.2	11.7	13.6	1.0	70
Ground beef, cooked, well done -----	3 oz -----	85	244	141	15.6	7.6	8.5	0.7	88
Pork:									
Ham, roasted -----	3 oz -----	85	187	85	9.4	3.2	4.2	1.1	80
Bacon, fried crisp -----	2 slices --	13	73	56	6.2	2.2	3.0	0.7	11
Lamb, loin chop:									
Lean only -----	3 oz -----	85	183	77	8.5	3.5	3.2	0.5	80
Lean and fat -----	3 oz -----	85	250	153	17.0	7.7	6.8	1.0	82
Veal cutlet (1 cutlet) -----	3 oz -----	85	185	85	9.4	4.0	4.0	0.4	86
Poultry:									
Chicken:									
Dark meat, baked without skin -----	3 oz -----	85	174	75	8.3	2.3	3.0	1.9	79
Light meat, baked without skin -----	3 oz -----	85	147	34	3.8	1.1	1.3	0.8	72
Dark meat, fried with skin -----	3 oz -----	85	242	130	14.4	3.9	5.7	3.3	78
Light meat, fried with skin -----	3 oz -----	85	209	93	10.3	2.8	4.1	2.3	74
Related products:									
Beef liver, fried -----	3 oz -----	85	195	81	9.0	2.5	3.6	1.3	372
Frankfurters (beef) -----	1 frank ---	57	184	152	16.8	6.8	8.2	0.7	27
Bologna (beef and pork) -----	1 slice ---	28	89	72	8.0	3.0	3.8	0.7	16
Salami, cooked (beef and pork) -----	1 slice ---	28	71	51	5.7	2.3	2.6	0.6	18
Braunschweiger -----	1 slice ---	28	102	82	9.1	3.1	4.2	1.1	44
MISCELLANEOUS ITEMS									
(with ingredients of animal origin as sources of cholesterol)									
Beef pot pie -----	1 piece ---	210	515	275	30.5	7.9	12.9	7.4	42
Beef stew -----	1 cup -----	245	220	95	10.5	4.4	4.5	0.5	72
Chicken pot pie -----	1 piece ---	232	545	282	31.3	10.3	15.5	6.6	56
Chicken a la king -----	1 cup -----	245	470	320	35.5	12.9	13.4	6.2	220
Chili with beef -----	1 cup -----	255	340	141	15.6	5.8	7.2	1.0	28
Cakes:									
Pound ⁴ -----	1 slice ---	33	160	88	10.0	5.9	3.0	0.6	68
White, 2 layer with chocolate icing ⁵ -----	1 piece ---	71	250	68	7.7	3.0	2.9	1.3	3
Yellow, 2 layer with chocolate icing ⁴ -----	1 piece ---	69	235	70	7.9	3.0	3.0	1.4	36
Cookies:									
Brownies, with chocolate icing ⁴ -----	1 brownie -	25	105	47	5.3	2.0	2.3	0.7	13
Chocolate chip ⁶ -----	4 cookies -	40	205	105	12.0	3.5	4.6	3.2	21
Vanilla wafers ⁶ -----	10 cookies -	40	185	59	6.7	1.7	2.8	1.7	25
Crackers:									
Graham -----	2 crackers	14	55	11	1.3	0.3	0.5	0.4	0
Saltines ⁷ -----	4 crackers	11	50	9	1.0	0.4	0.4	0.2	3
Cupcakes, with chocolate icing ⁴ -----	1 cupcake -	36	130	41	4.6	2.0	1.7	0.7	15
Doughnuts, cake type ⁶ -----	1 doughnut	25	100	42	4.7	1.2	1.2	2.0	10
Doughnuts, yeast-leavened ⁶ -----	1 doughnut	50	205	118	13.4	3.3	5.8	3.5	13
Chocolate, milk (20% milk solids) ⁸ -----	1 oz -----	28	145	80	9.0	5.4	3.0	0.3	5
Pizza with cheese ⁹ -----	1 sector --	60	145	35	4.0	2.1	1.2	0.5	13
Potatoes, french-fried (fried in edible tallow) ¹⁰ -----	10 strips --	50	158	75	8.3	3.4	4.0	0.5	6

¹Trace.²Tablespoon.³Average of available data.⁴Major sources of cholesterol are eggs and butter.⁵Major sources of cholesterol are milk and butter.⁶Major source of cholesterol is eggs.⁷Major source of cholesterol is animal shortening.⁸Source of cholesterol is milk solids.⁹Source of cholesterol is cheese.¹⁰Source of cholesterol is tallow.